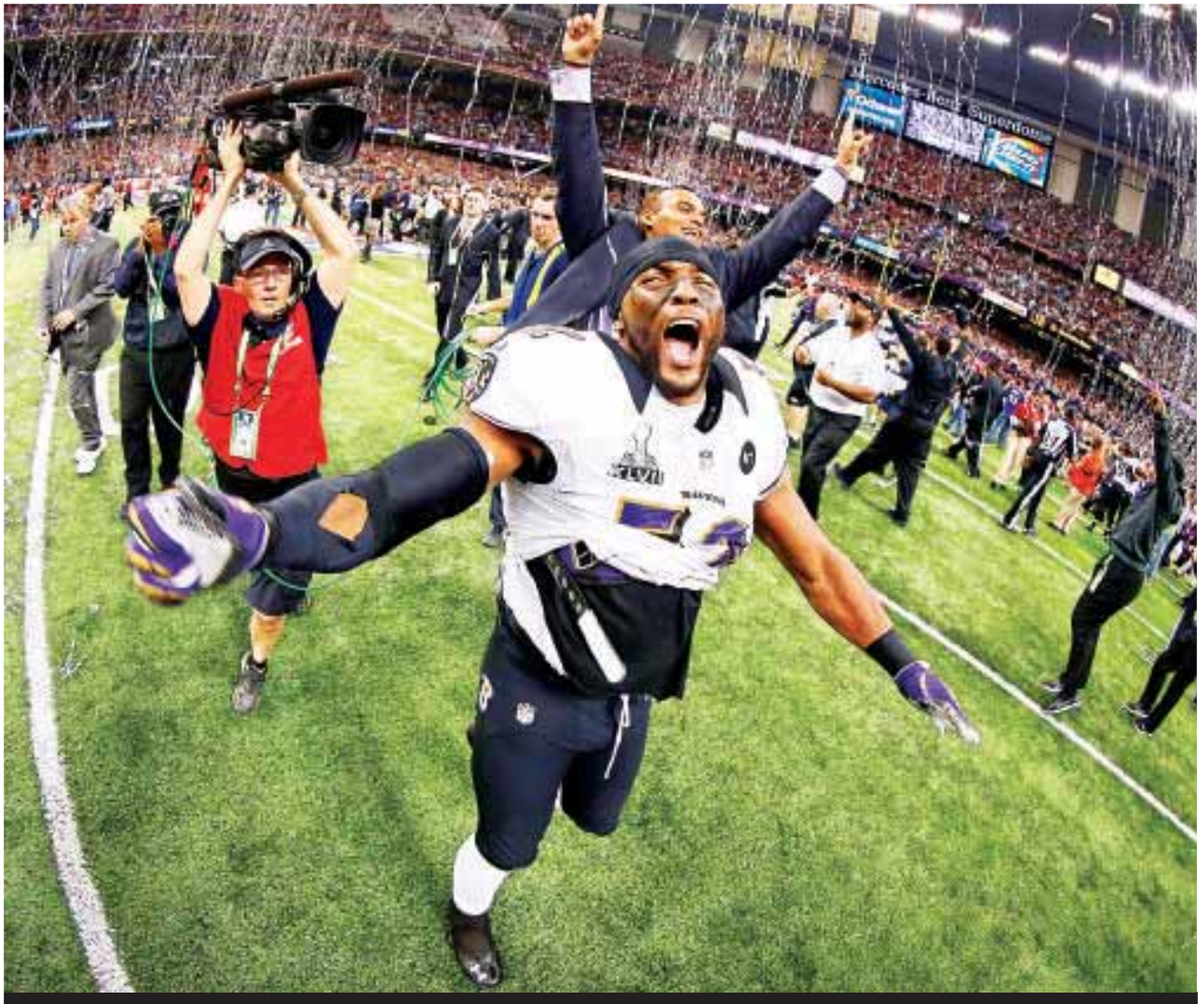
Cents and sentimentality

With penny phase-out starting today, artists are getting creative in trying to preserve the coin PAGE 6

BEYONCÉ BURNS UP HALFTIME

TOUCHDOWN! THE POWERHOUSE SINGER BRINGS THE HEAT AND FEMININE FLARE TO A TESTOSTERONE-LADEN STADIUM PAGE 9

REGIONAL
metro®
Monday, February 4, 2013
News worth sharing
metronews.ca | twitter.com/metroregina | facebook.com/metroregina



STARK RAVEN GLAD!

Ray Lewis of the Baltimore Ravens celebrates after his team defeated the San Francisco 49ers 34-31 during Super Bowl XLVII Sunday night in New Orleans. Lewis will ride into retirement as a champion — he and his defence played a supporting role to Joe Flacco and the offence. For more Super Bowl coverage, see page 15. CHRIS GRAYTHEN/GETTY IMAGES

Have bike, will travel

Neither ice nor wind can deter the all-season cyclist. Biking throughout a Regina winter IS possible, says one advocate PAGE 3

RCMP spied on Occupy: Docs

The Mounties compiled a dossier on Occupy activists in Ottawa, newly released documents reveal PAGE 4

#Hacked!

Twitter reports that cyber-attackers may have gained access to info belonging to 250,000 users PAGE 7

Why you shouldn't tell kids to finish *all* their veggies

Metro's family columnist rounds up the things parents say to kids that send the wrong messages about food PAGE 11

THESE KIDS NEED
SCHOOL BUS DRIVERS

Driving a school bus just a few hours a day gives you a great reason to get up in the morning and a chance to make a difference in the lives of Regina area children. You can still enjoy your summer off, as well as all weekends and school holidays. We provide free friendly training and a clean, safe, professional work environment.

If you enjoy driving and working with children and would be available for a few hours each school day, this would be perfect for you. Occasional spare drivers also welcome. Now training for September.

CALL TODAY! 306-721-4499

www.firststudentcanada.com

We are an equal opportunity employer.

First Student Canada

Leaders from across the province talk urban issues

The agenda. Regina, Saskatoon mayors want to discuss aging infrastructure at this year's convention

From small towns to cities — resort towns to villages, Saskatchewan's urban municipalities come together this week in Saskatoon to talk about how they can address common issues.

Delegates from 458 urban governments in Saskatchewan converged on Saskatoon's TCU Place on Sunday, as the city plays host to the 2013 Saskatchewan Urban Municipalities Association annual convention.

Mayor of Saskatoon, Don Atchison, said although Saskatoon is much larger than a number of other municipalities in the province, they face a lot of the same issues and he feels the convention is a chance for them to come together on common challenges.

"In numbers, there's always strength," said Atchison. "Working together always benefits us that much more than when we're working apart and having that unified message is really important."

Atchison explained some of the major issues he's hoping to bring up in conversation at this year's convention are looking at a new formula for revenue sharing and getting a firm commitment from the federal government to help accommodate aging infrastructure.

Regina Mayor Michael Fougere echoed Mayor Atchison, adding he feels the meeting is a chance for municipalities to come together and work on issues facing urban municipalities across the province.

"We have common issues, we have common concerns and we're the government closest to the people," said Fougere "We hear daily what people want to see happen and what their aspirations are. So coming together to share those experiences and talking about how we can work together and how we can talk to the province about helping us is what it's all about."

Fougere, like Atchison, said he would be trying to get conversations started on issues like revenue sharing and how municipal governments can address aging infrastructure.

The SUMA Convention is happening at TCU Place from Feb 3. to Feb. 6

MORGAN MODJESKI/METRO IN SASKATOON

Mayor Michael Fougere is one of many delegates in Saskatoon for the 2013 SUMA convention taking place at TCU Place until Feb. 6. MORGAN MODJESKI/METRO IN SASKATOON

Cycling through the city's seasons

Cate Hydeman recently moved back to Regina and has been biking to and from work most days despite the cold, snowy winter. JEFF MACKEY/METRO

For many Reginans, winter is a time to hibernate; travelling without a car can be challenging and on the coldest days even the journey to one's car can be harrowing.

But there are those who battle the icy temperatures, snowy roads and unrelenting winds without an automobile — and often without proper infrastructure to do so. They are known as the all-season cyclists.

"There may not be a lot of people right now who bike in the winter, but there is a big upswing," said Cate Hydeman, a biking advocate and new resident of Regina. "Trying to maintain the cycling through the winter should be a goal of this city."

Hydeman bikes most days from downtown to Ross Industrial Park and back for work and says it can be difficult but it's worth the effort.

"People like to think the cold is (a major obstacle), but it's not really, you can just dress appropriately with a lot of layers," said Hydeman.

But that doesn't mean you shouldn't be prepared. Hydeman has a winter bike with studded tires, disk brakes, bar mitts, goggles, plenty of lights and reflective material and, of course, a helmet.

She would like to see the city implement more curb-to-curb snow removal in order to keep roads safer for winter bikers. Before moving to Regina, Hydeman was the director of Bike Calgary and says while Regina's biking infrastructure is lacking in comparison, the city has been receptive to new ideas.

"They have been fairly engaged," said Hydeman. "Next spring, I am looking forward to trying to work with the city on developing something that is reasonable." JEFF MACKEY/METRO

Ridings review

Rift widens over move to change federal ridings

A move to rejig federal ridings in Regina and Saskatoon has widened a rift between urban and rural voters in Saskatchewan.

It has also split the commission charged with redrawing the electoral boundaries and led to charges the Conservatives are trying to protect their rural base.

The existing ridings — four in Regina, four in Saskatoon — spread out like slices of a pie, pulling in a corner of each city and a bigger rural area of towns, villages and farms.

A commission reviewing those boundaries tabled a report in the House of Commons last week saying population shifts call into question the "continued suitability" of mixed urban/rural ridings.

The report calls for a change to urban-only ridings in the cities — two in Regina and three in Saskatoon.

But only two of the three commission members support the report.

"I strongly disagree with the proposed electoral boundary changes," commission member Dave Marit wrote in a minority report.

Marit, the head of the Saskatchewan Association of Rural Municipalities, has urged the parliamentary committee reviewing the changes to reject the proposal.

Marit argues, among other things, that changing the boundaries "so drastically and causing voter confusion" will diminish turnout at the polls.

The Conservatives currently hold 13 of the 14 ridings in Saskatchewan. Liberal Ralph Goodale holds the lone non-Conservative seat, the Regina area riding of Wascana.

THE CANADIAN PRESS

RCMP kept a close eye on the Occupy Ottawa protest

Access-to-information request. Documents show Mounties nabbed pamphlets, monitored social media sites and counted participants

The Mounties compiled a dossier on the Occupy Ottawa movement, scouring social media sites and quizzing campus security after protesters held planning sessions at a university, newly released documents show.

Meeting notes show there were also plans to monitor the Confederation Park protest site using a camera mounted to the nearby offices of the National Capital Commission (NCC).

The camera is normally pointed at Ottawa's city hall, the notes say. However, the NCC says it does not operate the camera and it did not use the device to monitor the protests from its offices.

The documents show NCC staff did keep close tabs on the makeshift encampment throughout the occupation, snapping dozens of photographs and reporting on the protesters' activities.

Details about the surveillance tactics are only now coming to light, some 14 months after police ousted the Occupy Ottawa protesters from Confederation Park in late November 2011. It took the NCC until last week to provide documents in response to an access-to-information request from The Canadian Press.

Notes from a meeting held before the Ottawa occupation started show there was talk the protesters might also target Parliament Hill, the prime minister's residence at 24 Sussex Drive, the Privy Council Office and the U.S. Embassy.

An RCMP intelligence report shows the Mounties picked up Occupy pamphlets and literature after the protesters met at the University of Ottawa. They also questioned campus security about the number of people in the room. THE CANADIAN PRESS

Priorities

"The RCMP has limited resources and there are lots of threats out there. There must have been a decision ... that this was a worthwhile target."

Wesley Wark, security and intelligence expert from the University of Toronto

Police evicted activists, part of an international protest against income disparity, from Confederation Park in November 2011. PATRICK DOYLE/THE CANADIAN PRESS FILE

Landslide investigation begins

Provincial police have begun some analysis on the site and in the pit.
GRAHAM HUGHES/THE CANADIAN PRESS

Quebec's provincial police and workplace safety board have launched an investigation into a deadly landslide at a quarry near Montreal.

Officers will try to determine the circumstances of the accident now that the recovery effort is over, said police spokesman Gregory Gomez on Sunday.

The bodies of two missing workers — a woman and a man — were pulled from the rubble on Saturday, four days after a landslide at the gravel quarry in L'Epiphanie.

Police will examine whether the company operating the quarry, Maskimo Construction Inc., followed the appropriate safety protocols, Gomez said in an interview.

"We're going to try to determine ... if there is criminal wrongdoing," he said,

Maskimo Construction has come under scrutiny before. The company was fined in 2008 after failing to follow safety protocols when a worker was run over by a truck a year earlier.

When survivor Benoit Robert spoke with reporters last week, he said he didn't blame his employer and described them as responsible.

Jacques Nadeau, spokesman for Quebec's workplace safety board, said the investigation would include interviewing workers at the site and geological experts.

"We'll have to look at the history behind the company, but every accident is unique," he said, adding that the investigation would take about six months. THE CANADIAN PRESS

Background

Rescue efforts were once put on hold due to weather and fears of another slide.

- **Male victim.** Identified as 54-year-old Daniel Brisebois.
- **Female victim.** Identity not yet confirmed.
- **Survivor.** Benoit Robert, rescued by a police helicopter on Tuesday within hours of the collapse.

Victoria, B.C. Trip to the Super Bowl goes to pot

A decades-old pot possession charge cost a Victoria man the trip of a lifetime.

Myles Wilkinson beat nearly four million contestants to win a trip to the Super Bowl in New Orleans, but his victory went up in smoke when Toronto airport border guards blocked him from crossing this week due to a 32-year-old charge for less than two grams of cannabis.

At the time, a teenaged Wilkinson paid a $50 fine.

This is an "all too common" story, said Dana Larsen, director of the Sensible B.C. campaign to hold a referendum on decriminalizing cannabis.

"Any kind of possession conviction means a lifetime ban on crossing the U.S. border," Larsen said, adding that someone charged but not convicted can still be refused entry to the States.

Wilkinson plans to join the Sensible B.C. campaign.

Bud Light Canada, the sponsor of the all-expenses-paid contest trip, invited Wilkinson to its Super Bowl party at the Commodore in Vancouver as a consolation prize.

EMILY JACKSON/METRO IN VANCOUVER

London, England

Man Tasered outside royal palace

Police used a stun gun to arrest a man armed with knives outside Buckingham Palace on Sunday, as throngs of tourists gathered to watch the Changing of the Guard ceremony there.

Scotland Yard said the man was spotted carrying two knives outside the central gate of the London tourist landmark. He did not threaten other people at the scene, but acted aggressively when challenged by police.

A video posted to YouTube showed the man putting a kitchen knife to his neck and shouting. He took several swipes at a policeman, who fired the stun gun. THE ASSOCIATED PRESS

ROGERS

REGINA

Teleco

864 Victoria Ave. E

(306) 352-6600

Teleco

Cornwall Centre

(306) 525-3854

Teleco

1501 Albert St.

(306) 525-5000

SASKATOON

AirSource

718 Circle Dr. E

(306) 955-2355

AirSource

2002 8th St. E

(306) 955-2357

AirSource

Centre at Circle and 8th

(306) 955-1955

AirSource

Midtown Plaza

(306) 955-5799

AirSource

Confederation Mall

(306) 955-4399

ROGERS plus

REGINA

North Gate Mall

(306) 949-5395

Southland Mall

(306) 949-5397

They're WHITE hot & going fast.

FOR A LIMITED TIME

GET UP TO **$100 OFF***

ON SELECT WHITE SMARTPHONES

with select 3-yr. FLEXtab™ agreements

LTE beyond 4G EXPERIENCE THE FASTEST WIRELESS INTERNET TECHNOLOGY ON THE PLANET.[1]

CALL 1 866 749-7066 | CLICK rogers.com/WhiteSale | VISIT your local Rogers retail store

Rogers LTE network available in select cities. See rogers.com/LTE

share FRIENDS CONNECT EXCITING text NETWORK TALK SHARE RELIABLE ACCESS CONNECT FREEDOM LIFE NETWORK CHAT TALK FRIENDS SURF LIFE TEXT FIRST FAST CONNECT CHAT ACCESS FREEDOM EXCITING FAST FREEDOM EXCITING FRIENDS

ROGERS™

Offers available for a limited time and subject to change without notice. *Savings of up to $100 off purchase of select devices with new activation before Feb. 19/13 on any 3-yr. talk, text and internet plan having min. $45 monthly service fee ($110 savings on Samsung Galaxy S III 32 GB; $75 savings on LG Optimus G 2600; $60 savings on Samsung Galaxy S III 16 GB; $50 savings on Samsung Galaxy Note 2 and Nokia Lumia 920; $49.98 savings on HTC One X; and $10 savings on BlackBerry Z10). Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. **1** Actual experienced speeds depend on the network spectrum and technical specifications of the device used and may vary based on topography and environmental conditions, network congestion and other factors. © 2013 Rogers Communications.

Artists getting imaginative to keep penny in your thoughts

Currency. Phase-out period kicks off today for one-cent coin

Renee Gruszecki displays jewelry she designs from coins at her studio, Coin Coin Designs and Co., in Halifax on Saturday. Many of Gruszecki's personalized creations feature the Canadian one-cent coin, which has been phased out by the federal government in a cost-saving move. ANDREW VAUGHAN/THE CANADIAN PRESS

The country's one-cent piece may be on the verge of extinction, but for creative Canadians seeking ways to make the most of the soon-to-be-obsolete coin, the penny has already dropped.

Humble pennies will still be in demand for artistic endeavours or cultural projects long after the smallest form of currency has disappeared from Canadian tills.

That phase-out begins Monday when the Royal Canadian Mint officially stops distributing one-cent coins to Canada's financial institutions.

The move comes nearly a year after Finance Minister Jim Flaherty announced the demise of the coin, as its production cost had come to exceed its monetary value.

For some artists, however, the penny remains an item of considerable worth.

Renee Gruszecki, a Halifax-based academic and archivist, has spent the past year making a living through a jewelry business devoted primarily to preserving the country's stray cents.

About 30,000 strategically sorted pennies fill Gruszecki's home and eventually find their way into the accessories produced at Coin Coin Designs and Co.

Gruszecki, a long-time collector of lucky pennies, believes her pieces will help preserve a symbol that doubles as both an object of superstition and a Canadian icon.

"The Maple Leaf is synonymous with everything Canadian. We all identify with it," she said. "Now it's just no longer going to be present among us, so I'm saddened by that."

The Bank of Canada's Currency Museum has already taken one step toward preserving the penny a little longer in the minds of Canadians.

A mural consisting of nearly 16,000 one-cent pieces has been assembled at the museum to commemorate the coin's history, said assistant curator Raewyn Passmore.

The mosaic, which depicts a giant penny measuring about two square metres, is comprised of coins ranging from the lustrous to the tarnished.

THE CANADIAN PRESS

Transactions

Retailers will be among the first to start phasing out the coin and Canadians will see the effects almost immediately.

- The federal government has issued guidelines urging store owners to start rounding prices to the nearest nickel for cash transactions. Electronic purchases will still be billed to the nearest cent.
- It may take months for the penny to completely disappear from circulation.

Minister hints Israel was behind airstrike on Syria

Israel's defence minister strongly signalled Sunday that his country was behind an airstrike in Syria last week, telling a high-profile security conference that Israeli threats to take pre-emptive action against its enemies are not empty. "We mean it," Ehud Barak declared.

Israel has not officially confirmed its planes attacked a site near Damascus, targeting ground-to-air missiles apparently heading for Lebanon, but its intentions have been beyond dispute. During the 22 months of civil war in Syria, Israeli leaders have repeatedly expressed concern that high-end weapons could fall into the hands of enemy Hezbollah, the powerful Lebanese militants.

For years, Israel has been charging that Syrian President Bashar Assad and Iran have been arming Hezbollah, which fought a month-long war against Israel in 2006.

Ehud Barak THE ASSOCIATED PRESS

U.S. officials say the target was a convoy of sophisticated Russian SA-17 anti-aircraft missiles. Deployed in Lebanon, they could have limited Israel's ability to gather intelligence on its enemies from the air.

Over the weekend, Syrian TV broadcast video of the Wednesday attack site for the first time, showing destroyed vehicles and a damaged building identified as a scientific research centre. The U.S. officials said the airstrike hit both the building and the convoy.

In his comments Sunday in Munich, Barak came close to confirming that his country was behind the airstrike.

"I cannot add anything to what you have read in the newspapers about what happened in Syria several days ago," Barak said.

Then he went on to say, "I keep telling frankly that we said — and that's proof when we said something we mean it — we say that we don't think it should be allowed to bring advanced weapons systems into Lebanon."

THE ASSOCIATED PRESS

LGBT Indians step out

Members and supporters of the gay, lesbian, bisexual and transgender community ride a cycle rickshaw as they participate in the gay pride parade in Hyderabad, India, Sunday. The parade was held to spread awareness about the harassment, violence and discrimination faced by the community and to demand that its members be allowed to lead lives of dignity in India's deeply conservative society.

MAHESH KUMAR A./THE ASSOCIATED PRESS

Saudi Arabia

Anger grows after girl's fatal beating

Online activists in Saudi Arabia are calling for harsher punishments for child abuse after reports that a prominent cleric received only a light sentence after confessing to the beating death of his five-year-old daughter.

Saudi media say Fayhan al-Ghamdi was freed last week after serving a short prison term and agreeing to pay $50,000 US in "blood money" to avoid a possible death sentence. The reports said he questioned the child's virginity.

THE ASSOCIATED PRESS

England

Malala continues making progress

Malala Yousufzai, the 15-year-old Pakistani schoolgirl who was shot in the head by the Taliban, is in stable condition after undergoing two successful operations to reconstruct her skull and restore her hearing, the British hospital treating her said Sunday.

THE ASSOCIATED PRESS

Twitter hacking may affect 250K accounts

Cyberspying. Social-media giant has not said whether China is behind security breach

Twitter is among the latest of U.S. companies to report that it is among a growing list of victims of Internet security attacks, saying that hackers may have gained access to information on 250,000 of its more than 200 million active users. And now, The Washington Post is joining the chorus, revealing the discovery of a sophisticated cyberattack in 2011.

Twitter said in a blog post on Friday it detected attempts to gain access to its user data earlier in the week. It shut down one attack moments after it was detected.

But Twitter discovered that the attackers may have stolen user names, email addresses and encrypted passwords belonging to 250,000 users they describe as "a very small percentage of our users." The company reset the pilfered passwords and sent emails advising the affected users.

Quoted

"(The attack) was not the work of amateurs, and we do not believe it was an isolated incident."

Bob Lord, Twitter's director of information security, writing in a blog post

The Twitter attack comes on the heels of recent hacks into the computer systems of U.S. companies, including The New York Times and The Wall Street Journal. Both newspapers reported last week that their computer systems had been infiltrated by China-based hackers, likely to monitor media coverage the Chinese government deems important.

On Friday, The Washington Post disclosed that it was also the target of a sophisticated cyberattack, which was discovered in 2011 and was first reported by an independent cybersecurity blog.

In this September 2010 photo, Twitter's then-CEO Evan Williams makes a presentation about changes to the microblogging service at the company's San Francisco headquarters. Twitter says hackers may have gained access to info on 250,000 of its more than 200 million active users. THE ASSOCIATED PRESS FILE

Twitter didn't provide any clues as to whether it believes that China was behind its hack. However, the blog post by the company's director of information security, Bob Lord, made clear that the hackers knew what they were doing. **THE ASSOCIATED PRESS**

Free vs. fee. Is streaming music worth paying for? Canadians don't think so

A slew of streaming music services have come to Canada, and more are likely on the way, but while tech-savvy consumers seem to enjoy listening to music online, relatively few want to pay.

There are more than a dozen competitors to choose from in Canada, including free radio-style options such as CBC Music and Songza, and fee-based a la carte listening platforms with millions of songs to access, such as Deezer, HMV's The Vault, Rara and Rdio.

A recently released report by the Media Technology Monitor suggests listening to music online is catching on with large numbers of Canadians. About 59 per cent of anglophones and 46 per cent of francophones said they listen to streaming audio, with YouTube being the most commonly cited source for seeking out tunes.

Another recent report, this one released by the Department of Canadian Heritage, also suggested many Canadians are interested in streaming — but most want it to be free.

About one in three poll respondents said they were very or somewhat likely to subscribe to a free online music service, while just 17 per cent said they would likely pay a monthly fee for a subscription-based service.

THE CANADIAN PRESS

Telecom

Iraq exchange gets first major stock float

Iraqi mobile phone service provider Asiacell began on Sunday to sell shares on the Iraq Stock Exchange in what the head of the bourse said is the biggest initial public offering in the Middle East since 2008. Taha al-Rubaye also said it's the first major stock float on the ISX, which was set up in 2004, a year after a U.S.-led invasion toppled Iraqi dictator Saddam Hussein.

THE ASSOCIATED PRESS

HELP ME BUILD A BRIGHTER FUTURE
The Canadian Museum for Human Rights in Winnipeg, Manitoba will be a national and international destination—a centre of learning that will encourage and educate the next generation of human rights champions.
PLEASE DONATE
This holiday season, please make a gift to the Friends of the Canadian Museum for Human Rights. Your donation will help build exhibits and programming that will inspire Canadians of all ages to build a better Canada, a better world and a brighter future for us all.
Donate today by visiting friendsofcmhr.com or call 1.866.828.9209
friends of THE CANADIAN MUSEUM FOR HUMAN RIGHTS

new weightwatchers360°
built for human nature
EXTENDED BY POPULAR DEMAND
FREE
registration
pay only the weekly fee*
Ask about our special prepay offers!
1-800-651-6000
wwsk.ca
Offer valid until March 2, 2013
weightwatchers
Offer is valid only in Alberta and Saskatchewan. First and subsequent weekly meeting fees apply. Offer may vary in At Work & Community Service Meetings. *Plus GST. Offer not valid for on-line subscription products. No cash value.

WHO CARES WHAT RODENTS THINK ABOUT THE WEATHER?

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

Well, it's a dry cold.

Sure, it's the coldest winter in 17 years. On Thursday, the CBC helpfully went out and tried to find a place colder than Saskatchewan. Turns out there were a whole bunch — at least five: Alert, Nunanvit, -41 C, The North Pole, -39, Unpronouncable place in Siberia, -51, Vostak Station in Antarctica, -36.

Oh, and Mars, -55 C.

So what are you complaining about? OK, we gave Mars a run for its money on Friday when it went to -48 C in Moose Jaw with the wind chill, but remember, it's a dry cold.

If that's not a sufficiently desperate hope, you could always cling to the Groundhog Day forecasts of Punxsutawney Phil and Wiarton Willie, both of whom failed to see their shadows on Saturday, which is supposed to mean that the coldest winter in 17 years will be mercifully short.

A good thing because Environment Canada figures it's already been way too long. So far, south Saskatchewan has enjoyed 84 days with snow and lived through more than a month of days -20 C or colder. SaskPower is experiencing record consumption peaks — last Wednesday, frostbitten residents devoured 3,379 megawatts of power, and that's pretty close to a capacity of 4,100 megawatts. Better turn the toaster down to blond.

Of course, you have to be careful about putting your faith into a weather forecasting rodent. Phil and Willie are in alignment, but not so for Shubenacadie Sam (Nova Scotia) or Val D'Espoir's Fred La Marmotte, who both spied their shadows and scrambled back into their burrows to hunker down for six more weeks of winter.

It's ridiculous when you think about it. Who cares what rodents from afar think about the weather? Or come to think of it, who cares what rodents think about anything? Do rodents even think?

That hasn't stopped neighbouring provinces from adopting their own prognosticating varmints. Manitoba has Winnipeg Willow the woodchuck, who saw her shadow while out chucking wood on Saturday. Then there are the ersatz weather rodents, such as Alberta's Balzac Billy, some guy (?) in a gopher suit who failed to see his shadow, promising an early spring.

When it's good news, you have a tendency to overlook where it's coming from.

The irony is that Saskatchewan has a perfectly good rodent, arguably the most famous gopher in the land, Gainer, who was actually out and about in Moose Jaw on the -48 C day. But as he's usually the mascot of the Saskatchewan Rough Riders, no one ever thinks to get his opinion on what's left of winter.

If Alberta can get its fake gopher mentioned in national dispatches, imagine what can happen when Gainer throws his shadow into the ring? The only problem is, whether or not he sees his shadow, you can bet we're in for six more weeks of this nonsense. At least.

DNA test results

Scientists to reveal whether corpse is Richard III

A historical mystery could soon be resolved, with the help of a Canadian family.

Scientists on Monday will announce the results of tests meant to determine whether a skeleton found under a parking lot in central England belongs to 15th-century King Richard III, the last English monarch to die in combat.

Researchers at the University of Leicester have analyzed the bones, which were discovered during an archeological dig in September. The skeleton showed signs of Richard's famed spinal curvature and of fatal battle wounds.

Scientists compared its DNA with samples taken from a Canadian family that is a direct descendant of Anne of York, Richard's eldest sister.

Jeff Ibsen says he was warned long ago that his family might be called upon if the king's burying place was ever discovered.

THE CANADIAN PRESS

Vegan bark may have bite

VICTOR FERREIRA/THE CANADIAN PRESS

Pooch life

Dogs ditch chicken for carrot sticks

Willie, a dachshund, begs for a carrot in Toronto. Willie's owner, Ken Butland, says his two dogs quickly adapted to their new vegan diet and now can't get enough of it. Vegan diets for dogs are becoming increasingly prevalent in Toronto as owners who follow the vegan lifestyle are implementing it on their pets.

But not all veterinarians agree that a vegan diet is the best choice for dogs.

THE CANADIAN PRESS

Canine culture

"You only have to spend a few seconds in the room, when they hear carrots being chopped up they're like lightning ... We feed them green beans, raw carrots, raw cabbage and they go crazy."

Ken Butland
A vegan who is passionate about his lifestyle and wants to pass it down to his two dachshunds

Woof woof

- Vegan diets for dogs involve more than feeding them raw vegetables.
- Canines rely on dry vegan dog food for nutrients such as protein that they would have ingested through eating meat.
- Dogs, unlike cats, are natural omnivores who have the enzymes to break down the nutrients from a vegan diet and assimilate them for daily use, according to a Toronto veterinarian.

A dog's breakfast

Not the best idea for all dogs: Expert

Veterinary technician Krista Wilcox tends to dogs at the Front Street Animal Hospital in Toronto and would only recommend a vegan diet when food allergies are present.

Wilcox says that if a diet isn't properly formulated for each individual need, even if it is a vegan diet, there can be side effects.

"An improper diet will cause a pet to, over time, show malnutrition," she said. THE CANADIAN PRESS

Clothing giveaway warms up winter day

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

It may have been frosty outside, but on Jan. 9, the Souls Harbour Rescue Mission was helping people stay warm and dress for success.

The organization hosted a New Clothes Giveaway to provide donated coats, hats, scarves and clothing to more than 150 people at Zeike's Place Gymnasium inside the Dean Smith Youth Centre.

The donation of 70 boxes of new clothing kick-started the event. Instead of simply giving out the donation in their used clothing store, the organization wanted to do something special.

The result: an afternoon-long new-clothing giveaway.

The organization frequently works with people who have access to used clothing, but who may not be able to buy new clothes.

"There is a certain dignity that comes from being the first one to own a piece of clothing," says Rebecca Cochrane, development director. "Used clothing is helpful and appreciated, but new items communicate a powerful message about the worth and value of the individual."

And that is something you can't put a price tag on.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. Email us for more information and to get involved. Help the good news get around. Send your stories to goodnews@metowe.com and we'll share them right here.

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

What a girl wants

Juno's new host with the most

Ladies, you might want to sit down for this: Michael Bublé has been revealed as the host of the 2013 Juno Awards gala.

The charming Vancouver crooner, who's proved a quick-witted hit at the podium whilst collecting numerous Juno and Grammy trophies in the past, announced his forthcoming duties in a characteristically droll TV spot aired during CTV's Super Bowl broadcast on Sunday night. It found him lounging in bed trading quips with Can-rock couple Chad Kroeger and Avril Lavigne. TORSTAR NEWS SERVICE

Bringing sexy back (finally)

Justin Timberlake performs in New Orleans, La. GETTY IMAGES

One of the most anticipated musical moments of the year so far was connected to the Super Bowl, but had nothing to do with Beyoncé.

Instead, it was Justin Timberlake who had New Orleans buzzing as he gave his first performance in nearly five years — a sizzling, hour-long concert that featured the nattily dressed entertainer with a more than 10-piece band and guest appearances by Timbaland and Jay-Z. The performance was all part of DirecTV's Super Bowl-eve bash.

Timberlake hadn't released new music in years, instead concentrating on acting. THE ASSOCIATED PRESS

Beyoncé, centre, Kelly Rowland, right, and Michelle Williams of Destiny's Child, perform during the halftime show of the NFL Super Bowl XLVII between the San Francisco 49ers and the Baltimore Ravens, Sunday, in New Orleans. PATRICK SEMANSKY/THE ASSOCIATED PRESS

Beyoncé delivers the goods at Super Bowl

Now put your hands up. She put a groove on it — and this time it was live

Beyoncé sang like she had something to prove at the Super Bowl, balancing out the testosterone levels on the football field with a dance-heavy performance that featured her Destiny's Child band mates and an all-female band.

She emerged onstage singing some of Love on Top, transitioning to her hit Crazy In Love in an all-black ensemble, which matched the dark stage. She ripped off part of her shirt and skirt as she danced hard with background dancers doing the same.

She sang live — and sounded good. Days after admitting to singing to a pre-recorded track at President Barack Obama's inauguration, she proved herself to any doubters and added a few off-script remarks as if to show her microphone was on.

Her background singers helped out as Beyoncé danced around the stage throughout most of the 13-minute performance. She was especially top-notch during End of Time and Baby Boy.

She had a swarm of background dancers and band members spread throughout the stage, along with videotaped images of herself dancing. And the crowd got bigger when she was joined by her Destiny's Child band mates.

Kelly Rowland and Michelle Williams popped up from below the stage to sing Bootylicious. They were in similar outfits, singing and dancing closely as they harmonized. But Rowland and Williams were barely heard when the group sang Independent Woman, as their voices faded into the background.

They also joined in for some of Single Ladies (Put a Ring On It), where Beyoncé's voice grew stronger.

She asked the crowd to put their hands toward her as she belted the slow groove Halo on bended knee — and that's when the performance hit its high note.

Before the game, Alicia Keys performed a piano-tinged version of the national anthem. The Grammy-winning singer played the piano as she sang The Star Spangled Banner in a long red dress. THE ASSOCIATED PRESS

GETTY IMAGES

Sandy Hook

Students join Hudson on stage

As 26 children walked to the centre of the Superdome to sing, a packed crowd fell silent.

The chorus from Sandy Hook Elementary School, nearly two months after a deadly shooting rampage, joined Jennifer Hudson to deliver a rendition of America the Beautiful that had some players and countless fans in the stands on the verge of tears. THE ASSOCIATED PRESS

RBC Direct Investing Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. RBC Direct Investing Inc. does not provide investment advice or recommendations regarding the purchase or sale of any securities. Investors are responsible for their own investment decisions. RBC Direct Investing is a business name used by RBC Direct Investing Inc. *Member – Canadian Investor Protection Fund. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. Used under licence. © Royal Bank of Canada 2013. All rights reserved. 1 RBC Direct Investing was ranked number one by Dalbar Inc. in 2007, 2008, 2009, 2010 and 2011. The annual Dalbar Direct Brokerage Service Award rankings are based on evaluations made over the calendar year, measuring a company's quality of performance in product knowledge, professionalism and their ability to provide value-added service.

RBC Direct Investing

You booked your last 5 vacations online.

Online investing could be your next destination.

#1 in client service five years in a row.[1]

RBC Direct Investing™
It's like online shopping for investments.

rbc.com/investment

The Word

Nick Cannon. ALL PHOTOS GETTY IMAGES

Celebrating Valentine's — all year long

THE WORD
Dorothy Robinson
scene@metronews.ca

Valentine's Day isn't the only time when Nick Cannon and Mariah Carey celebrate their love. Cannon admitted to Metro that the 30th of every month is their I Love You Day and they view that day as their monthly anniversary.

"No matter where we are in the world, even if we're not together on the 30th, we still send flowers and balloons and chocolates and all that good stuff," said the America's Got Talent host.

Considering Cannon and Carey are known romantics (they renew their wedding vows every year), we asked for his advice on how to make the holiday memorable. "The more thoughtful you can be, that shows effort," he says. "If you're going to do flowers, find out that person's favourite and figure out the arrangement yourself."

Nicole Kidman

'No surgery for me,' says Kidman on her age-defying looks

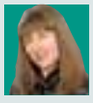
Despite numerous reports to the contrary, Nicole Kidman insists she's never indulged in plastic surgery. "No surgery for me," she tells Italian newspaper La Repubblica. "I did try Botox, unfortunately, but I got out of it and now I can finally move my face again." So how does the Australian actress keep her face looking the way it does? "I wear sunscreen, I don't smoke and I take care of myself, and I am proud to say that," she said. "Anybody can do anything to themselves — I don't judge — but personally, I believe in being physically fit."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Creepy dads, bad breakups and stomping on cultural touchstones



STARGAZING
Malene Arpe
scene@metronews.ca

This week in creepy dads: 1) Adele's estranged dad is complaining to a newspaper that she won't have anything to do with him because he talked to a newspaper. 2) Hulk Hogan tweets a picture of daughter Brooke in a mini-dress with the caption "Brooke's legs."

Your move, Selena. After Selena Gomez covers Justin Timberlake's Cry Me A River and Taylor Swift's I Knew You Were Trouble, Justin Bieber releases his own breakup song, Nothing Like This. Selena, may we suggest Häagen-Dazs, a girls' night out and just keeping your pain bottled up inside yourself where it belongs?

Justin Bieber gropes a fan's breast at a meet and greet. Selena Gomez decides to spend two or three days in bed, watching The Notebook over and over and not washing her hair.

Kris Jenner gets her own talk show. Subjects that will be covered during the first week of broadcast: "Kash komes from kids," "Kashing in on kute kids" and "Kids! kan they be konverted into more kash?"

Liberty Ross files for divorce from Snow White and the Huntsman director Rupert Sanders. Not because of the Kristen Stewart cheating thing, but because he made Snow White and the Huntsman.

Lindsay Lohan

Carole Mallory, author of a book about her affair with Norman Mailer, has written a new book about sleeping with famous men. In it, she says that Robert De Niro used to keep his socks on. "That totally ruined all my elaborate erotic fantasies involving Robert De Niro," said absolutely no one.

Porn actor James Deen talks about working with Lindsay Lohan on The Canyons. "In porn I am used to working with professionals who are courteous to others," he says. "Whatevs," says Lindsay. "I am used to working with family members who would steal my teeth."

Chris Brown claims he didn't throw any punches in a parking lot fight with Frank Ocean. Proof he may be right: 1) He posts on Instagram, comparing himself to a crucified Jesus. 2) Sources say it was only the respective entourages who were fighting. 3) Frank Ocean is not a woman.

The initial version of the Evil Dead remake got an NC-17 rating. The film was eventually edited to get an R, but still retains the "why yes, we did remake/stomp on one of your beloved cultural touchstones" warnings. TORSTAR NEWS SERVICE

Frank Ocean

Ocean takes high road by not 'mutilating' Brown after studio brawl

Frank Ocean has decided not to press charges against Chris Brown after their brawl outside a Los Angeles recording studio last week, he revealed in a post to his Tumblr blog. "As a child, I thought if someone jumped me it would result in me murdering or mutilating a man. But as a man I am not a killer, I'm an artist and a modern person," Ocean writes. "I'll choose sanity. No criminal charges. No civil lawsuit. Forgiveness, albeit difficult, is wisdom. Peace, albeit trite, is what I want in my short life."

Penelope Cruz

Baby No. 2 on way for Penelope and Javier

Penelope Cruz is reportedly pregnant with her second child, according to E! News. The Spanish actress is about three months along, sources say, and is thrilled to be pregnant at the same time as her sister, Monica Cruz. Penelope is currently vacationing with husband Javier Bardem on Johnny Depp's private Caribbean island. The couple has a two-year-old son, Leo.

Twitter

@kirstiealley
my TV makes everyone look fat! What the hell?? everyone looks like a walking "wall" ..Oy Vey

@ElizabethHurley
Dragging myself downstairs to put puppy in the garden.....

@JuddApatow
I am in England. So the Super Bowl is on at what time? On what channel? And I watch it with who? This does not seem as fun.

@SteveMartinToGo
The Super Bowl reminds me of a pagan contest where a human head is kicked around between commercials.

CITY WIDE DELIVERY
GIFTS FOR YOUR VALENTINE
VALENTINE BALLOON BOUQUETS
GIFT BASKETS & PLUSH
BUTTER AND CREAM FUDGE
BALLOONS BY FRED
565-0899 | 541 ALBERT STREET | 565-0899

Supper

Family meals still matter

I read a study that says that family meals aren't necessarily beneficial.

Really?!

Families have been sitting down and breaking bread together for centuries. Why do we suddenly need to make a mockery of it? Aside from the obvious — time spent together — family meals give children a sense of routine and stability. It brings everyone together in a relaxed atmosphere where they laugh and talk. It teaches good table manners and healthy eating. My instinct also tells me that spending time eating meals with my children is not only good for them, but for me.

CANDACE DERICKX/YUMMYMUMMYCLUB.CA

Tips

Easy nosebleed clean-up

I like to give a red facecloth as part of a baby shower gift.

When a child — or even a squeamish parent — sees blood from a cut or nose bleed, they tend to freak out over all of the blood loss.

If the parents use a red facecloth instead of a white or light-coloured one, children won't see how much blood there is and will likely keep calmer during the entire ordeal.

It worked great for me when my kids were small — and even when they were not so small.

SHARON JANOUSEK/YUMMYMUMMYCLUB.CA

Exclusively online

- **Mommy tales.** Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices.

Dealing with dinnertime stress? Here's what not to say

Diet. Choice and praise may not be the best way to go at the dinner table

SARAH REMMER
RD of yummymummyclub.ca

As parents, we want our kids to eat a well-balanced diet and grow to enjoy a wide variety of healthy foods.

In our well-intentioned efforts, we often verbally encourage or discourage them to eat certain foods, only to increase picky eating tendencies or send the wrong messages about foods.

Here are some things that parents often say to their kids about food and why they may not be the best things to say.

1. "You must have at least three more bites of your vegetables before you can have dessert."

When kids feel that they have to eat one food in order to be rewarded with another, they automatically associate the first food with being less desirable. Instead, offer a variety of foods, including vegetables, at dinnertime.

Encourage your child to taste his veggies, and if he doesn't like it, he can politely spit it out in his napkin.

2. "You are such a good girl for eating everything on your plate!"

What your child hears after you make this statement is, "I am a good girl if I finish all of the food on my plate, so I better do that again tomorrow."

What you actually want as a parent is for your child to stop eating when she's comfortably full. Sometimes that means a clean plate, sometimes it doesn't.

Cleaning our plates no matter what often translates into eating beyond fullness, and over time, gaining unhealthy weight.

3. "We don't eat cookies in our house because they are bad for us."

Labelling foods as "good" or "bad" automatically makes your child feel like she is "good" for eating "good foods" and "bad" for eating "bad foods."

Truthfully, all foods can fit into a healthy diet, even if some of those foods aren't as healthy as others.

Instead, say: "We like to have lots of different foods in our house, including cookies sometimes. Maybe we can bake some together tomorrow and have one after dinner tomorrow night."

4. "I know you don't like the lasagna I'm making, so what would you like for dinner instead?"

Giving your child control over what he eats for dinner will discourage him from trying new and different foods, might actually encourage picky eating habits and will eventually drive you crazy. Everyone in the family should be offered the same meal. There should be three to four different foods to choose from. For example: lasagna, whole grain bread, cut up veggies and dip, salad, and milk. Your child should be offered all of these foods, and she can pick. She might choose four pieces of bread. And that's OK — you've done your job by offering a variety of different foods and the ball is in her court now.

Every child will go through a picky eating stage — it's normal. It can be frustrating and worrisome for parents, but it also offers an opportunity to help children develop a healthy relationship with food. Keep reintroducing foods, even if they are refused. Praise your kids for listening to their tummies and trying new foods (even if they politely spit it out).

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Kids have their own mealtime strategy. What's yours? ISTOCK IMAGES

COR
U CHOOSE
SUPPORTIVE LIVING
DAYTIME PROGRAMS
"I've learned that people will forget what you said, people will forget what you did, but they will never forget how you made them feel."
Like us on
Follow us on
www.creativeoptionsregina.ca

Are you wildly energetic, creative and love to meet new people?
WE WANT YOU!!!
We need street promoters to distribute newspapers to morning commuters.
If you are interested in joining the street promotions team, please email your resume to jparks@thinkboxnational.com or call 306.209.5739 for more info.
thinkbox
Great Wage! Meet New People!
No Experience Needed!

Grilled cheese grows up with onions and tomatoes

This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Who would have thought old comfort food, grilled cheese, would make such a comeback — not only as a casual sandwich at home, but also as an elegant appetizer at parties.

Here's a twist on the traditional; I use it as a lunch item, on buffets and even cut into quarters as an appetizer.

1. Divide cheddar, Parmesan and goat cheese between two slices of bread. Top with sliced tomatoes and onions. Cover with remaining two slices of bread. Spray both sides of each sandwich with cooking oil.

2. Spray a non-stick skillet with cooking oil and place over medium heat. Cook the sandwiches for approximately 4 minutes per side, being careful not to burn them.

3. Cut each sandwich into quarters and serve 2 per person. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Nutritional Analysis

Per serving

- 199 calories; 11 g protein; 11 g fat; 6.2 g saturated fat; 15 g carbohydrates; 25 mg cholesterol; 288 mg sodium; 2.3 fibre

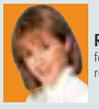
Ingredients

Prep time: 10 minutes
Cooking time: 8 minutes

- 1/4 cup light aged cheddar cheese, thinly sliced
- 1/8 cup Parmesan cheese, freshly grated
- 1/4 cup crumbled goat cheese
- 4 slices whole grain bread
- 4 slices plum tomato
- 4 slices sweet onion

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

Subway is considered a healthy fast food choice, but you may be surprised at what sandwiches pack the most fat and calories.

Subway tuna sub (6 inch with light mayo & Southwest sauce)

620 calories / 39 g fat
With tuna, mayo and sauce, the calories and fat in the sub equal half your daily calories and fat.

Equivalent

One six-inch Subway tuna sub with Southwest sauce and light mayo is equivalent in calories to five cans of tuna packed in water. Tuna is considered a healthy low fat fish on its own.

Subway steak and cheese sub (6 inch)

380 calories / 10 g fat
Shocking to most, the lean steak and cheese is a healthier option.

Lunch. Veggie Hummus Crunch Sandwich

Canadian winters often make us want to curl up with a plate of our favourite comfort food. This filling, easy-to-make meal will allow you to satisfy that craving for a filling and delicious spread while sticking to your healthy-eating goals.

Like fruits and vegetables, bread has naturally occurring vitamins and minerals and is an excellent source of nutrients that can help Canadians manage their weight. An excellent source of Manganese, which helps your body metabolize carbohydrates, this sandwich is a perfect way to satisfy your hunger.

1. Spread hummus evenly on one side of each slice of toast. **2.** Top 2 slices of toast with cheese, tomato, red onion, cucumber, a handful of alfalfa sprouts and remaining slices of toast to form sandwiches.

3. Cut in half and serve. NEWS CANADA/ NATURALLYDEMPSTERS.CA

Ingredients

- 4 slices Dempster's WholeGrains Wheat & Oats with Honey Bread, toasted
- 1/3 cup (80 ml) hummus
- 2 slices light Havarti cheese
- 1 tomato, sliced
- 2 tbsp (30 ml) diced red onion
- 1/2 cucumber, sliced
- 1 package alfalfa sprouts

Pulled to complete perfection

For this recipe, simply marinate boneless pork for a couple of hours or overnight, then put it in the slow cooker.

The result will be tender enough to be shredded, or "pulled," apart. The sauce can easily be prepared while the pork is cooling.

1. In a bowl, combine 15 ml (1 tbsp) of the brown sugar, paprika, chili powder, mustard and salt. Rub over all sides of pork. Cover and refrigerate for at least 2 hours or overnight.

Ingredients

- 60 ml (4 tbsp) packed brown sugar, divided
- 45 ml (3 tbsp) paprika
- 15 ml (1 tbsp) chili powder
- 15 ml (1 tbsp) dry mustard
- 5 ml (1 tsp) salt
- 1.5 kg (3 lb) boneless pork shoulder blade roast, cut into 4 chunks
- 1 envelope (38.5 g/1.4 oz) onion soup mix
- 375 ml (1 1/2 cups) chicken broth
- 1 ml (1/4 tsp) cayenne pepper
- 375 ml (1 1/2 cups) tomato-based chili sauce
- 45 ml (3 tbsp) cider vinegar
- 15 ml (1 tbsp) soy sauce
- Kaiser buns, warmed
- Coleslaw

This recipe serves eight. THE CANADIAN PRESS H/O

2. Place pork in five to six-quart slow cooker. Whisk soup mix and broth; pour over pork. Cover and cook on low 8 to 10 hours or on high 4 to 5 hours, until pork shreds easily with a fork. Transfer pork to a plate and let cool slightly.

3. Using spoon, remove excess fat from surface of sauce. Pour sauce into a large saucepan and bring to a boil. Reduce heat and simmer for about 20 minutes, until syrupy. Stir in remaining brown sugar, cayenne, chili sauce, vinegar and soy sauce; simmer for 10 minutes to blend flavours. Adjust seasoning with salt and cayenne, if desired.

4. Transfer pork to a cutting board and add accumulated juices to sauce. Using two forks, shred pork, placing it in a serving bowl. (This is a super-messy job, but worth the effort.) Pour 250 ml (1 cup) sauce over shredded meat, turning pork to absorb sauce. Serve pork on warmed buns, topped with coleslaw, with extra sauce for dipping. BEST OF BRIDGE SLOW COOKER COOKBOOK BY SALLY VAUGHAN-JOHNSTON & THE BEST OF BRIDGE PUBLISHING LTD. (ROBERT ROSE, ROBERTROSE.CA, 2012).

The In-Credibility Factor

Name: Ronjiny Basu and Tanima Majumdar
City: Ottawa and Delhi, India
Age: 31
Occupation: Co-founders of Chobhi Scarves

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Ronjiny Basu, above, and her business partner Tanima Majumdar use fabric made with 100 per cent natural fibres for their scarves. PROVIDED

Tanima Majumdar is the photographic force behind Chobhi scarves. PROVIDED

Friends since childhood, Ronjiny and Tanima always dreamed of doing something creative together. When Ronjiny completed her MBA in design, fashion and luxury goods in Italy, she finally convinced Tanima to put her remarkable nature photography to work. The two friends launched a line of luxury, nature-themed scarves under the name of Chobhi, which in Bengali means "picture". They call their creations "wearable art" and will soon expand to include a unique line of jewelry.

We knew we were on our way...

"...When we held a scarf in our hands for the first time. I had seen it on Skype from India and it didn't seem real," says Tanima, "but when Ronjiny handed it to me, it was amazing and exactly what I had pictured. The colours and designs really stand out on fabric."

Ronjiny is in India right now working on producing their spring line and says, "It's been extremely rewarding to see something you are passionate about bloom and grow. Our wish is that our scarves connect with your heart."

Action Plan:

Have a strong business and marketing plan that is customer-centric

It's important to have a product that connects to customer's emotions and links to a lifestyle statement.

Put innovation into your passion by reinventing your products

We're continuously trying to reinvent our strategy for the long term.

Maximize the wonderful world of social media

We used sites like Facebook, Twitter and Pinterest to help us understand our demographic and predict future purchasing patterns.

Type your way to the total package by polishing up your online presence

I'm with the brand. Beyond the paper resumé, there's a world of ways you can promote your best self on the web

ELIZABETH BEDDALL
life@metronews.ca

When they meet you in person, will you properly reflect the profile you've set up online? If not, it's time to make some edits. ISTOCK

Welcome to the world of social media, where any aspect of your online biography can mean the difference between landing that dream job and getting promptly passed over.

In the process of prioritizing your personal brand, it's imperative that you make sure you accurately portray yourself online as you would in person, ensuring that recruiters receive a fair impression of your character and that they recognize the unique qualities you could bring to their organization.

To help evaluate your online presence, James Davidson, talent acquisition manager for PwC, provides us with five key considerations that will help you improve your digital brand and make you more noticeable than your competitors.

Relevance
People evaluate you based on relevance. This is how consistent the real-world-you is to the virtual-world-you. To increase your volume and relevance on the web, you can showcase your expertise, skills and experiences via online forums, Facebook, LinkedIn and Twitter.

Volume
Volume speaks to how much content is on the web about you — the more you have to say about yourself, the more information people will have to read about you.

Clarity
Clarity means the ease with which readers can differentiate the content that is about you versus information on others with the same name. It's imperative to secure your vanity name for LinkedIn, Facebook and Twitter. Spending some time to figuring out the right words to describe yourself is critical. This determines how easy it is for others to find you online.

Diversity
Diversity is having multi-media content supporting the real-world-you. This means sharing photos, quotes, articles and videos — all of which help express your skills, passion and values in another way. For example,

The web at work

PwC is hosting its second annual Personal Brand Week from Monday to Friday.

- During the week, visit the PwC Careers Canada Facebook page (facebook.com/PwCCareersCanada) for more tips and techniques on personal branding.

Put your best face forward

"People are more likely to believe you if you have a professional photo."
James Davidson
Talent acquisition manager for PwC

people are more likely to believe you and your work experience if you have a professional photo — especially on sites such as LinkedIn.

Validation
Lastly, validation is essential in getting other people to reference you or confirm who you really are.

This is extremely important to increasing the credibility of your personal brand. You need to get others to recommend you online, endorse you and provide you with testimonials. By attempting these online suggestions, you will be on your way to building and managing your professional online presence.

CITY
SNOWFIGHTERS
We're making
STREET CLEARING
a priority
When the snow flies, your City SnowFighters get right to work clearing our streets. Tackling emergency and public transit routes is our number one priority. As soon as these routes are safely cleared, SnowFighters will move on to residential and lower traffic areas. Visit our website to view a detailed map of priority routes.
To learn more about Priority Snow Clearing visit
Regina.ca/SnowFighters
City of Regina
REGINA
Infinite Horizons

An office space that works for you

This desk gets your best. The fridge and TV may be just around the corner, but you're happy to plug away in your productivity pad

If home is where the hard work is, make sure your milieu sends you messages of motivation. ISTOCK

One of the biggest mistakes businesspeople make is assuming that working from home will automatically result in a higher level of productivity. Unless you carefully construct your home office environment, you may find that working from home is less productive than you anticipated.

Staples offer the following tips for setting up your home office to help maximize your productivity:

The ideal working environment
Home office setup is an exercise in knowing yourself. Before you make any decisions, make a list of the things you need to spur productivity.

Some people can work at a desk in a common area of the house with the television running in the background. Others want a closed-door environment where distractions are minimized.

For some people, a home office is a place to finish up work from a regular day job. For others, a home office is a primary workspace where they spend eight or more hours of the day. Before you start rearranging the furniture, decide what you need as an absolute minimum to encourage you to use the space as intended.

The cost of outfitting a home office
A basic home office setup can cost you under $500 if you already have a computer that you can relocate to your new space.

There are a number functional office furniture options that look expensive but are actually quite affordable, especially if you are willing to put the furniture together yourself. A printer and a phone with voicemail can round out a basic home office setup.

A more advanced home office setup would include a fax machine and a photocopier. Fortunately, there are three-in-one office machines that combine a printer, fax and copier in one piece of equipment. Keep in mind, however, that a machine that does many things often offers fewer features for each specific function. For example, if your work at home requires more than the occasional photocopy, it can be more efficient to buy a dedicated copy machine that has special functionality to handle a heavier workload.

Don't forget to set aside money in your home office budget for office supplies. From paper to paper clips, you will have to buy all of the little things that you took for granted when you worked for an employer. NEWS CANADA

Short-track speed skating

Hamelin doubles up on gold in Russia

Short-track star Charles Hamelin won his second gold medal in as many days to lead a three-medal effort by Canadians at the Samsung ISU World Cup on Sunday in Sochi, Russia.

Hamelin, from Sainte-Julie, Que., finished first in the 1,000 metres, while Gabrielle Waddell of Red Deer, Alta., won her first individual medal, taking bronze in the women's 500 metres. Waddell later helped the women's relay team win silver.

Hamelin, who won the men's 500 on Saturday, earned his latest gold with a time of one minute 25.159 seconds.

"I was trying to be more patient and save energy for the end," said Hamelin. "So in the middle of the race, I tried a pass on the outside, but I got caught by the Korean with his deep track and I almost fell. I didn't panic. I got back on my blades and got back to the pack."

Semen Elistratov of Russia was second and American J.R. Celski finished third. Jinkyu Noh of South Korea settled for fourth.

THE CANADIAN PRESS

Canadian speed skater Charles Hamelin rounds a corner during the 1,000-metre men's final on Sunday in Sochi, Russia. THE ASSOCIATED PRESS

Cross-country skiing

Canadian pair work together for bronze

Canadian cross-country skiers Perianne Jones and Daria Gaiazova have both won sprint medals with teammate Chandra Crawford over the last two years.

On Sunday, Jones and Gaiazova showed that they can also reach the podium together.

Jones, from Almonte, and Gaiazova, from Banff, Alta., won their first medal as a duo, taking bronze in the 6x1.25-kilometre World Cup classic-style race in Sochi, Russia, with a time of 17 minutes 12.53 seconds.

Russians Julia Ivanova and Natalia Matveeva edged the Canadians in a photo finish in 17:12.47, while the Finns of Mona-Lisa Malvalehto and Anne Kylloenen won gold in 17:06.9.

THE CANADIAN PRESS

Baltimore Ravens wide receiver Anquan Boldin, left, stiff-arms San Francisco 49ers cornerback Chris Culliver during the second half of Super Bowl XLVII on Sunday in New Orleans. GENE PUSKAR/THE ASSOCIATED PRESS

Ravens shine bright after power outage

Super Bowl. 49ers nearly climb all the way back following blackout in New Orleans, but Baltimore holds on to win second NFL title

Super Bowl XLVII

Ravens	49ers
34	31

A power outage at the Super Bowl put the nation's biggest sporting event on hold for more than a half-hour Sunday, interrupting an otherwise electric, back-and-forth game that ended with Joe Flacco and the Baltimore Ravens as NFL champions thanks to a 34-31 victory over the San Francisco 49ers.

Flacco, voted the MVP, threw three first-half touchdown passes to cap an 11-TD, zero-interception post-season. Jacoby Jones returned the second-half kickoff 108 yards, a Super Bowl record, to give Baltimore a 28-6 lead.

Moments later, lights lining the indoor arena faded, making it difficult to see. When action resumed, Colin Kaepernick and the 49ers scored 17 consecutive points, getting as close as 31-29.

But Baltimore stopped San Francisco on fourth-and-goal from the five with under two minutes left when Kaepernick's pass sailed beyond Michael Crabtree in the end zone.

The biggest deficit a team has ever overcome to win a Super Bowl is 10 points, and there were moments where it appeared San Francisco had a chance to better that mark. Instead, the 49ers lost for the first time in six trips to the Super Bowl.

The AFC champion Ravens (14-6), a franchise that moved from Cleveland to Baltimore 17 years ago, improved to 2-0 in the big game. They also won the championship in 2001, when linebacker Ray Lewis was voted the game's MVP. Lewis was not a major factor this time, but he was a centre of attention, playing in the final game of his 17-year career before retiring.

The 49ers struggled early in the first Super Bowl coaching matchup between brothers: Baltimore's John Harbaugh is 15 months older than San Francisco's Jim Harbaugh.

Baltimore led 28-6 after Jones opened the second half with the longest kickoff return in a Super Bowl.

THE ASSOCIATED PRESS

After the game. Questions linger around ever-popular NFL

49ers tight end Vernon Davis takes a hit from Ravens defenders Sunday in New Orleans. GETTY IMAGES

The Super Bowl closes a tumultuous year for the NFL.

Suicides by former NFL players. Thousands of others filing concussion lawsuits. New studies linking football to brain disease. Still no testing for human growth hormone. The spectre of other purported performance-enhancing products — deer-antler spray, anyone? — being peddled to players.

A bounty scandal. A lockout of officials resolved only after a ludicrous game-ending call. Zero minority hires for 15 coach and general-manager openings.

And yet the league is as popular as ever. Eleven of the 12 most-watched TV programs during the last 2 1/2 years were NFL post-season games, according to the league.

Uncertain, though, is what the future holds for an NFL.

"The game has changed and keeps changing.... It is such a violent game, and such a collision game, that careers are going to be kind of like not long at all. Because you take those licks — you've only got so many in your body, and at some point that's going to wear it out," said Ravens running backs coach Wilbert Montgomery, who played that position for the Philadelphia Eagles and Detroit Lions from 1977-85.

Montgomery said he got six concussions in one season alone, and others along the way, including one that knocked him out cold a few days before playing for the Eagles in the NFC title game at the end of the 1980 season.

THE ASSOCIATED PRESS

By the numbers

$4M

Advertisers paid nearly $4 million per 30-second TV commercial for the right to reach the 100 million or so Americans expected to tune into Sunday's Super Bowl.

4 SPORTS

Montreal Canadiens' goaltender Carey Price makes a save against Ottawa Senator Daniel Alfredsson in Montreal on Sunday. With the Habs' 2-1 victory, Price has won six straight starts. GRAHAM HUGHES/THE CANADIAN PRESS

Habs' Pacioretty has knack for comebacks

NHL. Pacioretty returns ahead of schedule from appendix surgery to provide key assist in Montreal's victory

It took Max Pacioretty one shift to show he has completely recovered from appendix surgery.

Only eight days after an emergency appendectomy, the left-winger found a puck in the slot and slid it to the net for David Desharnais to tip in for a goal that helped the Montreal Canadiens to a 2-1 victory over the Ottawa Senators on Sunday afternoon.

Pacioretty, who was expected to be out for three to four weeks, looked strong as ever as he skated a regular shift on the top line with Desharnais and Erik Cole and picked up his fifth point in four games played this season.

"I just trusted that those two battling would make the right play and it ended up right on my stick," he said of the goal that tied the game 1-1 at only 2:13 of the period after Jakob Silfverberg opened the scoring for Ottawa.

"That's what I mean about them doing the heavy lifting early on."

Pacioretty's ability to bounce back from injuries causes fans and even his teammates to shake their heads in wonder.

In the 2010-11 season, he was stretched off the Bell Centre with a concussion and a broken vertebrae in his neck after crashing head first into a stanchion. But he was back on his feet within days.

He missed the last 15 games of the regular season and the first round of the playoffs, but might have been back if the Canadiens had gone further into the post-season.

He responded with a breakout, 33-goal season in 2011-12 and was awarded the Bill Masterton Trophy for persistence and dedication.

Pacioretty said resilience is something he has learned.

"I look at adversity as a good thing," he said. "I've had to deal with a lot in my career, whether it be injuries or getting sent down.

"I've had a bumpy road here in Montreal and I wouldn't change any of it for a second. It's made me the player and the person I am and I'm thankful to have got all these opportunities."

Cole had the winner later in the first period for the Canadiens (6-2-0), who swept home games on consecutive afternoons after a 6-1 win over the Buffao Sabres on Saturday.

The Senators (5-3-1) were coming off a 1-0 loss in Carolina on Friday night and are struggling to score with top centre Jason Spezza out with a sore back.

Goaltenders Carey Price and Craig Anderson were both at the top of their games as Ottawa outshot Montreal 33-32.

Price may have caught a break as a goalie interference call nullified a goal by defenceman Andre Benoit 1:26 into the third frame. Price was outside the crease when Silfverberg leaned into him as Benoit shot.

Price has now won six starts in a row since dropping a 2-1 decision to Toronto on opening night Jan. 19.

THE CANADIAN PRESS

Sunday's game

2	1
Canadiens	Senators

Road blocks

"I've had a bumpy road here in Montreal and I wouldn't change any of it for a second."

Max Pacioretty on the adversity he has faced during his career.

Around the NHL

Chris Kunitz scored a hat trick in the Pittsburgh Penguins' Super Bowl Sunday visit to the nation's capital, leading a 6-3 win over the Washington Capitals

- The Pens have won three straight and four of five to lead the Atlantic Division.

In Buffalo, defenceman Brian Campbell scored on the power play with 10:33 remaining to cap Florida's three-goal rally and the Panthers beat the Buffalo Sabres 4-3 on Sunday.

- Peter Mueller, George Parros and Shawn Matthias also scored for the Panthers, who won their first road game of the season and snapped a seven-game road winless drought (0-5-2) dating to last season.

THE ASSOCIATED PRESS

CFL. Longtime coach, executive set to end his illustrious football career

The man affectionately known as "Obie" is calling it a career.

A CFL source requesting anonymity said Sunday that Bob O'Billovich will announce his retirement Monday at a news conference at the Hamilton Tiger-Cats business office.

O'Billovich, 72, has spent the last five years as the Ticats general manager.

The native of Butte, Mont., has been a player, coach and executive in the CFL in a career that began in 1963 as a quarterback/defensive back with the now defunct Ottawa Rough Riders.

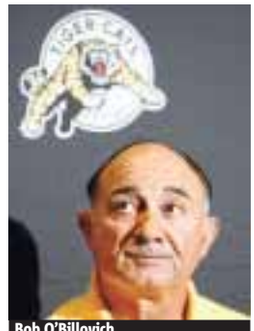
O'Billovich played five seasons with Ottawa before beginning his coaching career with the club, first as a guest coach before being named an assistant coach.

O'Billovich also served as a university basketball coach in Ottawa, leading the Carleton men's program from 1971 to 1973. He then served as the Ottawa Gee-Gees hoops coach from 1973 to 1974.

He was hired as head coach of the Toronto Argonauts in 1982 and spent eight seasons on the sidelines, leading the Double Blue to three Grey Cup appearances (winning in 1983).

O'Billovich joined the B.C. Lions as head coach during the 1990 campaign and remained through the 1992 season before returning to Toronto as GM in 1993.

He also took over coaching duties in Toronto during the 1993 season. O'Billovich relinquished those duties following the 1994 campaign but found himself back on the sidelines in 1995.



Bob O'Billovich
THE CANADIAN PRESS FILE

O'Billovich served as B.C.'s player-personnel director from 2003-07 before being hired as Hamilton's GM.

The Ticats promoted O'Billovich to vice-president of football operations in January 2012.

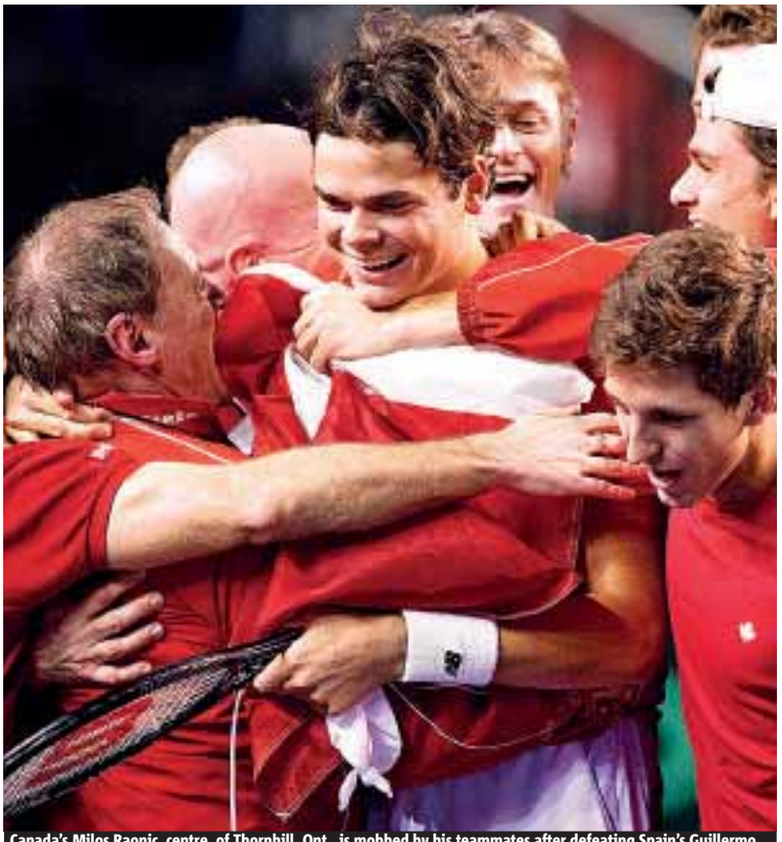
But after the Ticats missed the playoffs last season with a 6-12 record, they fired rookie head coach George Cortez and hired Kent Austin as the club's director of football operations, GM and head coach.

He leaves the CFL as a two-time winner of the league's coach of the year award (1982, 1987) and a Grey Cup champion (1983). THE CANADIAN PRESS

Lefty shoots sizzling -28

Phil Mickelson celebrates making a birdie putt on the seventh hole during the final round of the Waste Management Phoenix Open golf tournament on Sunday in Scottsdale, Ariz. Mickelson, who won the tournament, shot a 4-under 67 to finish at 28-under 256, two strokes off the PGA Tour record of 254 set by Tommy Armour III in the 2003 Texas Open. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

Raonic's win leads Canada over Spain in Davis Cup upset



Canada's Milos Raonic, centre, of Thornhill, Ont., is mobbed by his teammates after defeating Spain's Guillermo Garcia-Lopez during a first-round singles match at the Davis Cup World Group in Vancouver, B.C., on Sunday.
DARRYL DYCK/THE CANADIAN PRESS

Tennis. Canucks knock off No. 1-ranked side and advance to the second round

Milos Raonic propelled Canada into the second round of the Davis Cup World Group Sunday.

Raonic beat Spain's Guillermo Garcia-Lopez in straight sets — 6-3, 6-4, 6-2 — at UBC's Doug Mitchell Thunderbird Sports Centre. The win gave Canada an insurmountable 3-1 lead in the best-of-five tie with one reverse singles match to play.

Raonic was rarely tested by Garcia-Lopez, ranked 82nd in the world, who made his first Davis Cup appearance. Garcia-Lopez was inserted into the do-or-die match by Spanish captain Alex Corretja, who made a late lineup change in a bid to right Spain's fortunes.

Canada entered play with a 2-1 lead and needed just one win in its final two singles matches to claim the tie.

Garcia-Lopez replaced Marcel Granollers, who was tagged as Spain's top singles player for this event as the five-time Davis Cup champion was missing its four top players.

Garcia-Lopez tried to counter Raonic's power with several cross-court shots in a bid to get the world's 15th-ranked player running around the court.

But Raonic, from Thornhill, Ont., had little difficulty returning Garcia-Lopez's attempts. Canada's top singles player got off to a hot start as he opened with back-to-back aces and won the game at love with a well-placed volley in the back corner opposite Garcia-Lopez. Raonic took a 3-2 lead in the first set with another ace as he launched a 220 km/h serve past his opponent.

After coming back to break Garcia-Lopez's serve in the sixth game, the players held serve the rest of the way as Raonic took the opening set 6-3.

Raonic maintained his momentum in the second set and started the third set with a service break and hold to go up 2-0. Raonic proceeded to break again and was well on his way.

Serving for the match, Raonic built up a 40-15 lead and closed out the historic win with an overhead smash.

Canada will host Italy in the quarter-finals in April.

THE CANADIAN PRESS

A first

This marks the first time that Canada has advanced to the second round of the World Group level, which is open to the top 16 countries.

- **Pre-tournament.** Canada is ranked 12th on the Davis Cup table while Spain, which lost the 2012 final to the Czech Republic, entered the weekend No. 1.

Bosh helps lift Heat to 100-85 win over Raptors

Chris Bosh lifted the Miami Heat to victory over his old team on Sunday — and then he thanked Toronto fans for helping him do so.

Bosh, who was received by a chorus of boos during team introductions, scored 13 of his 28 points in the fourth quarter as the Heat defeated the Raptors 100-85 on Sunday for their 10th consecutive victory over Toronto.

"I was hearing a lot from the fans," said Bosh, who departed for Miami in a sign-and-trade deal in the 2010 off-season. "I thank them for continuing to stay on me and call me names and stuff because that helped my focus a lot. I was like, 'I need to get in this to shut them up.'"

LeBron James poured in a game-high 30 points, while Dwyane Wade added 23 points for the Heat (30-14).

The loss spoiled strong efforts by new Raptors forward Rudy Gay, who scored 29 points, and DeMar DeRozan, who added 27.

"I wouldn't say I'm 100 per cent comfortable," said Gay, two days after joining his new team. "I'm still feeling my way out there. I still think this is a game we could've won. We still have a couple things to iron out in practice."

Kyle Lowry added 10 points for Toronto (17-31), while Aaron Grey had a game-high 12 rebounds to go with six points.

Wade added 23 points for the Heat (30-14).

Raptors coach Dwane Casey knew the Heat would be hungry, coming off a 102-89 loss Friday in Indiana.

"They're going to be like a bunch of wet hens," Casey said before the game. "They're going to be really, really ready to play."

Toronto, meanwhile, was coming off a thrilling 98-73 victory over the Los Angeles Clippers in Gay's Raptors debut.

Toronto led by eight in the second quarter, but were trailing 71-67 by the end of the third, and six consecutive points by Bosh gave the Heat a six-point lead with 5:41 left.

"They're the defending champs," Gay said. "I say for three and a half quarters we played them as well as anybody in the league. The fact that we haven't been together for a long time, they exposed that in the fourth and a little bit in the third."

THE CANADIAN PRESS

Heat forward LeBron James jostles for a rebound with new Raptors forward Rudy Gay on Sunday in Toronto. DAVID COOPER/TORSTAR NEWS SERVICE

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	9	6	3	0	30	22	12
New Jersey	8	4	1	3	20	19	11
NY Islanders	8	4	3	1	27	26	9
NY Rangers	8	4	4	0	19	22	8
Philadelphia	9	3	6	0	21	26	6

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	8	6	1	1	24	19	13
Montreal	8	6	2	0	26	17	12
Ottawa	9	5	3	1	25	16	11
Toronto	8	4	4	0	21	23	8
Buffalo	9	3	5	1	27	33	7

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	8	6	2	0	39	21	12
Winnipeg	8	3	4	1	24	32	7
Carolina	7	3	4	0	18	23	6
Florida	8	3	5	0	20	30	6
Washington	9	2	6	1	21	33	5

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	9	7	0	2	28	20	16
St. Louis	8	6	2	0	31	19	12
Detroit	8	4	3	1	22	24	9
Nashville	8	3	2	3	14	20	9
Columbus	9	3	5	1	18	28	7

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	8	4	2	2	21	20	10
Edmonton	8	4	3	1	20	21	9
Minnesota	8	4	3	1	20	22	9
Colorado	8	4	4	0	19	20	8
Calgary	6	1	3	2	16	24	4

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	8	7	0	1	30	14	15
Anaheim	7	5	1	1	27	22	11
Phoenix	9	3	4	2	27	26	8
Dallas	9	3	5	1	17	23	7
Los Angeles	7	2	3	2	16	23	6

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results
Pittsburgh 6 Washington 3
Montreal 2 Ottawa 1
Florida 4 Buffalo 3
New Jersey 3 NY Islanders 0
Saturday's results
Pittsburgh 5 New Jersey 1
Montreal 6 Buffalo 1
Colorado 3 Edmonton 1
Philadelphia 5 Carolina 3
NY Rangers 3 Tampa Bay 2
Boston 1 Toronto 0
Columbus 4 Detroit 2
Phoenix 2 Dallas 0
Chicago 3 Calgary 2 (SO)
Anaheim 7 Los Angeles 4
Nashville 2 San Jose 1 (SO)
Monday's games — All Times Eastern
Carolina at Toronto, 7 p.m.
Dallas at Colorado, 9 p.m.
Minnesota at Phoenix, 9 p.m.
Vancouver at Edmonton, 9:30 p.m.
San Jose at Anaheim, 10 p.m.
Tuesday's games
Toronto at Washington, 7 p.m.
Los Angeles at Columbus, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
NY Rangers at New Jersey, 7 p.m.
Tampa Bay at Philadelphia, 7:30 p.m.
Calgary at Detroit, 7:30 p.m.
Buffalo at Ottawa, 7:30 p.m.
Florida at Winnipeg, 8 p.m.
Nashville at St. Louis, 8 p.m.
Chicago at San Jose, 10:30 p.m.

GOLF

PGA WASTE MANAGEMENT OPEN

At Scottsdale, Ariz.
Final round — Par 71

Phil Mickelson, $1,116,000	60-65-64-67—256
Brandt Snedeker, $669,600	64-66-65-65—260
Scott Piercy, $421,600	70-66-64-61—261
Ryan Moore, $297,600	66-66-65-65—262
Ryan Palmer, $248,000	64-73-66-62—265
Brendon de Jonge, $207,700	66-67-67-66—266
Brendan Steele, $207,700	69-65-65-67—266
Bill Haas, $207,700	65-64-70-67—266
Matt Every, $173,600	65-67-69-66—267
Padraig Harrington, $173,600	64-70-63-70—267
Robert Garrigus, $136,400	66-66-69-67—268
Billy Horschel, $136,400	69-68-64-67—268
Ben Crane, $136,400	67-71-64-66—268
Kevin Stadler, $136,400	68-68-69-63—268
Bubba Watson, $111,600	67-67-71-64—269
David Hearn, $84,165	**67-65-73-65—270**
Troy Matteson, $84,165	67-65-66-72—270
Gary Woodland, $84,165	67-66-67-70—270
Bo Van Pelt, $84,165	68-67-71-64—270
James Hahn, $84,165	71-67-70-62—270
Roberto Castro, $84,165	65-68-67-70—270
Jeff Klauk, $84,165	67-68-67-68—270

NFL

SUPER BOWL XLVII

Sunday's result
At New Orleans, La.
Baltimore vs. San Francisco

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	30	14	.682	—
New York	30	15	.667	1/2
Chicago	29	18	.617	2 1/2
Indiana	28	19	.596	3 1/2
Brooklyn	28	19	.596	3 1/2
Atlanta	26	20	.565	5
Milwaukee	25	21	.543	6
Boston	24	23	.511	7 1/2
Philadelphia	20	26	.435	11
Detroit	18	30	.375	14
Toronto	**17**	**31**	**.354**	**15**
Orlando	14	33	.298	17 1/2
Cleveland	14	34	.292	18
Charlotte	11	35	.239	20
Washington	11	35	.239	20

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	38	11	.776	—
Oklahoma City	35	12	.745	2
L.A. Clippers	34	15	.694	4
Memphis	30	16	.652	6 1/2
Golden State	30	17	.638	7
Denver	30	18	.625	7 1/2
Utah	26	22	.542	11 1/2
Houston	26	23	.531	12
Portland	24	23	.511	13
L.A. Lakers	22	26	.458	15 1/2
Dallas	20	27	.426	17
Minnesota	18	26	.409	17 1/2
Sacramento	17	32	.347	21
Phoenix	16	32	.333	21 1/2
New Orleans	15	33	.313	22 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

Sunday's results
Boston 106 L.A. Clippers 104
L.A. Lakers 98 Detroit 97
Miami 100 **Toronto 85**
Saturday's results
Chicago 93 Atlanta 76
New York 120 Sacramento 81
Cleveland 115 Oklahoma City 110
Houston 109 Charlotte 95
Minnesota 115 New Orleans 86
San Antonio 96 Washington 86
Milwaukee 107 Orlando 98
Portland 105 Utah 99
Golden State 113 Phoenix 93
Monday's games — All Times Eastern
L.A. Clippers at Washington, 7 p.m.
Orlando at Philadelphia, 7 p.m.
Chicago at Indiana, 7 p.m.
Detroit at New York, 7:30 p.m.
Charlotte at Miami, 7:30 p.m.
Dallas at Oklahoma City, 8 p.m.
Portland at Minnesota, 8 p.m.
Sacramento at Utah, 9 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You may be a go-getting Aries but there are only so many things you can do in a day, so don't push yourself too hard. Mars, your ruler, is passing through one of the more relaxed areas of your chart. Get the message?

♉ Taurus
April 21 - May 21
Your feelings run deep but you can't seem to find an adequate outlet for them. How frustrating! If all else fails try something physical, something that forces you to work up a sweat. Team sports, especially, will be fun.

♊ Gemini
May 22 - June 21
You must be honest today. You must bring any bad feelings you may have towards people you work or do business with to the fore. The most important thing is that you can be truthful with one another.

♋ Cancer
June 22 - July 23
Expect the best today and it will most likely happen. Today's cosmic climate indicates that good thoughts will lead to good things occurring– but also that bad thoughts could lead to bad things. It's your call.

♌ Leo
July 24 - Aug. 23
Try not to allow materialistic issues to govern your life. Make a special effort to raise your sights above worldly things and you may discover something of unequalled value. There is more to life than making money.

♍ Virgo
Aug. 24 - Sept. 23
You may be in an adventurous mood at the moment but the planets warn this is not the best time to take risks. Above all, don't let others persuade you to do things you do not feel comfortable with.

♎ Libra
Sept. 24 - Oct. 23
Cosmic activity in one of the more sensitive areas of your chart suggests that someone does not approve of your behavior. Do you care? You should, because this person has the power to make life difficult for you. Tread carefully.

♏ Scorpio
Oct. 24 - Nov. 22
No matter what your responsibilities may be you owe it to yourself to leave them behind and take life easy for a while. The more you rest now the more you will make a good job of your duties later on.

♐ Sagittarius
Nov. 23 - Dec. 21
A domestic matter of some kind has to be dealt with – not tomorrow or the day after but right now. Take everyone's feelings into consideration but then make a decision – and make sure everyone follows it.

♑ Capricorn
Dec. 22 - Jan. 20
The planets warn that no matter how much you desire a particular object once you have got it you will realize it was not what you wanted at all. You are searching for something deeper, so look inside yourself.

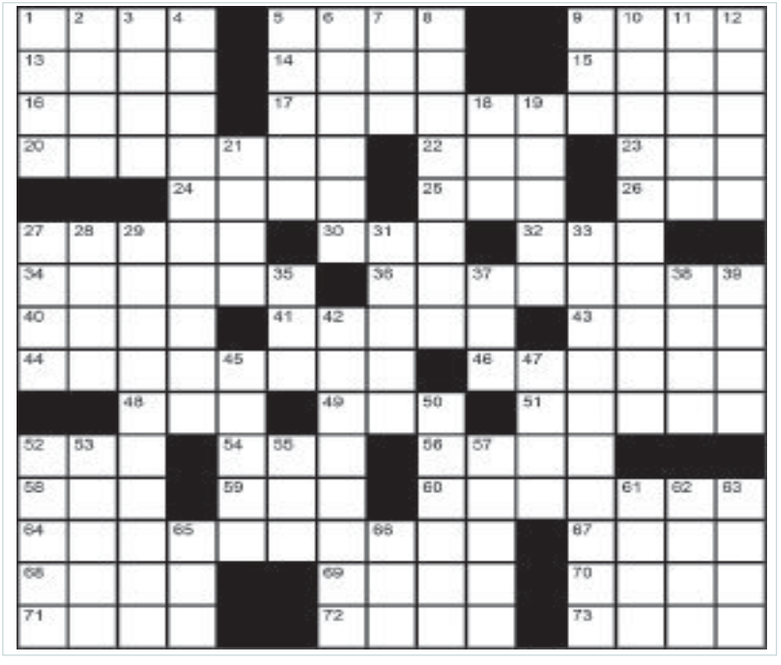
♒ Aquarius
Jan. 21 - Feb. 19
You may be sociable by nature but watch out who you make friends with this coming week. Some people are genuine, of course, but others want to get close to you for financial reasons. You're not that gullible, are you?

♓ Pisces
Feb. 20 - March 20
Mars links with your ruler Neptune in your birth sign today, which will help you to take the initiative and get everyone around you working towards the same goals. You should be this more often!

SALLY BROMPTON

Crossword: Canada Across and Down

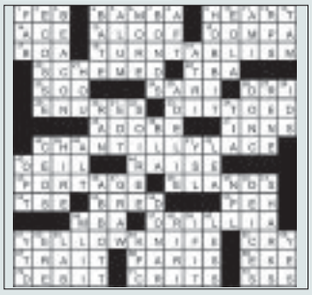
BY KELLY ANN BUCHANAN



Across
1. Bucket-on-a-rope spot
5. Ms. Ryan of "Star Trek: Voyager"
9. Actor Omar
13. Thought
14. Panache
15. "In the Valley of __" (2007)
16. Hitch
17. Annual frigid fun fest in Canada's capital region
20. "__ _ __ a Witness" by Marvin Gaye
22. __ Beach, Hawaii
23. Silent
24. Heraldic border
25. "The __ & Stimpy Show"
26. Faucet
27. Paul McCartney's nickname
30. __ up (Absorb)
32. Comic actress Margaret
34. Shania Twain's "Honey, __ __"
36. Carnaval de Quebec mascot
40. "__ __ conclusion..." (Speech-ending phrase)
41. "Rolling in the Deep" singer
43. Actor Mr. Julia
44. "Yellow" band
46. Not feeling well, __ _ _
48. Steve Nash's NBA team, on scoreboards
49. Cooking amt.
51. BBQ sizzler
52. Here, in Hull
54. 'Hect' add-on
56. Cain and __
58. Do tailoring
59. Zilch
60. Toto's owner
64. RIM smartphone
67. "This is fun!"
68. Pleasant
69. Blind, as per falconry
70. Ms. Bombeck
71. __ Fifth Avenue (Posh store)
72. Mailing request, commonly
73. Canadian rock band

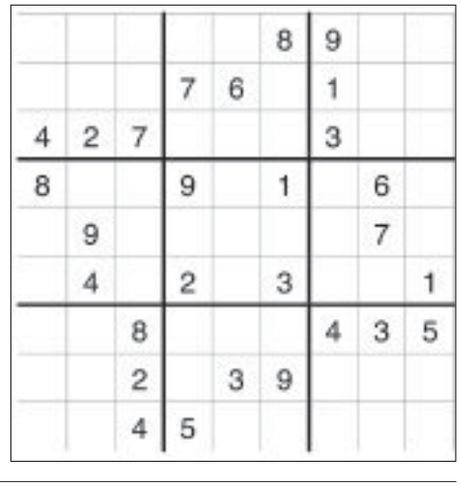
Down
1. Milwaukee, __.
2. "The Dame __ Experience"
3. Trim
4. Da Vinci's Mona Lisa, as it's also known: 2 wds.
5. "You Were Meant for Me" songstress
6. Privileged classes
7. Campaigned
8. Worldwide police liaison organization
9. Moray, for one
10. Roma in the Produce Department: 2 wds.
11. The Taming of the Shrew setting
12. Moe and Curly's 'Stooges' brother
18. She sheep
19. Rustic spread in Alberta
21. 'Tele' suffix
27. Catchall category [abbr.]
28. Farm song bit: "Here _ __, there..."
29. "My Girl (Gone, Gone, Gone)" band
31. Does what Simon says
33. Horatio __ (Naval Officer in C.S. Forester stories)
35. 'Ether' suffix
37. 'Bru' add-on (Sultanate on Borneo)
38. Subatomic particle
39. Actress Ms. Sommer
42. At a table-for-one on Valentine's Day
45. Pirate ship board
47. 'Trick' suffix
50. San Diego baseball team
52. Literary IDs
53. Salsa singer Ms. Cruz
55. Poke fun at
57. Scottish singer Susan
61. Drive-__
62. Pants parts
63. "Yup."
65. These: French
66. Stephen of "The Crying Game" (1992)

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

4	9	1	3	5	6	8	7	2
7	3	6	2	4	8	5	9	1
2	8	5	9	7	1	3	6	4
3	7	2	6	9	5	1	4	8
1	5	9	4	2	7	6	8	3
6	4	8	1	3	5	7	2	9
9	2	3	5	1	4	8	5	7
8	1	7	5	6	2	4	3	9
5	6	4	7	8	3	9	1	6

Sharability

easy — hard

CANADA'S #1 USED VEHICLE RETAILER!

MASSIVE SELECTION - OVER 300 PREOWNED TO CHOOSE FROM

Trade-N-Upgrade It's easy!

CAPITALGMC.CA

2012 MAZDA CX-7
#12687A. 4DR SUV, AWD, LOADED, ALLOY WHEELS

ZOOM ZOOM ONLY $22,998

2012 NISSAN ALTIMA 2.5S
#12893A. 4DR AUTO AIR LOADED CD

1 ONLY AT THIS PRICE $14,995

2007 DODGE CALIBER SXT
#32383B. 4DR, HB, AUTO AIR LOADED

$9,988

2012 CHEV CRUZE LT TURBO
#12976A. 4DR AUTO AIR LOADED CD, LARGEST CHEV BUYBACK DEALER

$15,411

2012 BUICK ENCLAVE CXL1
#12911A. AWD,3.6V6,LEATHER,SUNROOF,CHROME WHEELS, QUAD SEATS,3RD ROW SEATING

ON SALE $39,998

2012 FORD FUSION SEL AWD
#12693A . 4DR V6 LEATHER,SUNROOF,SPORT WHEELS,REAR SPOILER

RARE CAR ONLY $20,998

2012 FORD FOCUS SE
#12867A. HB,5DR AUTO AIR LOADED CD

NEW YEAR SPECIAL $13,995

2012 FORD FIESTA SE
#12744A. 4DR AUTO AIR LOADED CD

AMAZING LOW PRICE $12,995

2012 CHEV IMPALA LT
13034A. 4DR. V6, LOADED, POWER SEAT, ALLOY WHEELS

NEW MSRP WAS $29,215
WITH LOW KMS NOW ONLY $14,711

2008 FORD TAURUS SEL
#12661B, AWD,V6,LOADED ,LEATHER,SUNROOF

$14,995

2012 JEEP WRANGLER SAHARA
#12797A. UNLIMITED 4DR 4X4 V6 LOADED

VERY POPULAR $29,995

2012 CADILLAC CTS4
#12897A. 4DR,V6,LEATHER,SUNROOF,ALLOYS ALL WHEEL DRIVE

$32,911

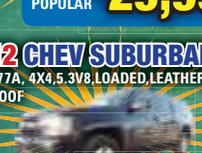
2011 CAMARO 2SS RS
#12223A CONVERTIBLE ,6.2V8,6SPD AUTO, LEATHER,GFX EXECUTIVE DRIVEN 7500KMS

$33,998

2011 CHRYSLER 200 TOURING
#12875A, 4DR,AUTO,AIR,LOADED,ALLOYS

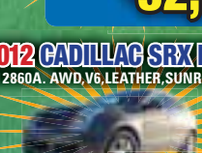
ON SALE $13,995

2012 CHEV SUBURBAN LT1
#12877A, 4X4,5.3V8,LOADED,LEATHER, SUNROOF



ON SALE $39,998

2012 CADILLAC SRX LUXURY
#12860A. AWD,V6,LEATHER,SUNROOF,ALLOYS



YOUR ONLY CADILLAC STORE $37,998

2012 CHEV TRAVERSE LT
#121018A. 4DR, V6, LOADED, ALLOYS. 3RD ROW SEATING

CHEVY SPECIAL $24,990

2012 DODGE GRAND CARAVAN SE
#12606A . 4DR, V6, LOADED,STO & GO SEATING

1 ONLY AT THIS PRICE
SUPER JANUARY SPECIAL $17,995

2008 BUICK ALLURE CXL
#32987B, 4DR 3.8V6 ,LOADED LEATHER

$11,911

2012 ESCALADE EXT
#12839A. 6.2L, AWD, LEATHER, DVD NAV, SUNROOF, 22INCH CHROME WHEELS

KING OF THE ROAD $59,998

2012 GMC ACADIA SLE-2
#121050A. AWD, SUV, LOADED, QUADS AND SUNROOF

GMC SPECIAL ONLY $30,900

2009 NISSAN FRONTIER SE
#321120A. CREW 4X4 LOADED ONLY 54000KMS

NO PST ONLY $22,998

* All Vehicles Plus Applicable Taxes, See Dealer For Details.

NO CREDIT APPLICATION REFUSED

FRESH TRADES

2013 FORD EDGE SEL ECO LEATHER SUNROOF
13073A ..... ONLY $29,710

2012 GMC SLE 2500 CREW 4X4 6.6D LOADED
33444A $48,998

2012 FOCUS SE 4DR AUTO AIR LOADED
12943C $14,710

2012 GMC SLT CREW 4X4 ALL TERRAIN
23K, 33542A ..... ONLY $39,900

2012 KIA RIO LX 4DR AUTO AIR LOADED
8K, 33014A1 ..... $14,998

2012 RAM SPORT QUAD 4X4 5.7HEMI
LEATHER 14K, 33376A $35,711

2011 FORD EDGE SEL AWD LOADED 72K
12978B $24,915

2011 GMC SLE CREW 4X4 5.3V8
LOADED 32K, 33206A $27,910

2011 GMC TERRAIN SLE 4DR LOADED
33384A $21,998

2011 MITSUBISHI LANCER SE 4DR 6SPD LOADED SRF ONLY 25000KMS
33565A

2011 CHEV EQUINOX LS AWD LOADED
CD ALLOYS, 12785B $24,998

2011 BUICK ENCLAVE CXL AWD
LEATHER SUNROOF, 33534A $35,995

2010 CADILLAC SRX
AWD,V6LEATHER,SUNROOF ONLY
121072B $27,710

2010 HYUNDAI GENESIS 2.0T 2DR AUTO
LOADED ONLY 23,000KMS, 121009B

2007 AUDI S4 QUATTRO AWD 4DR V8
LOADED, 12802B $27,998

PLUS 80 MORE FRESH TRADES LAST WEEK

EXCHANGE POLICY
Industry leading 30 days

INSPECTION
150+ Points Inspection

MANUFACTURER'S WARRANTY
3 months/5000 km

ROADSIDE ASSISTANCE
24-hour around the clock

GM Optimum CERTIFIED USED VEHICLES
Canada

4020 Rochdale Blvd.
www.CapitalGMC.ca
1-855-632-4018

CAPITAL
BUICK • CADILLAC • GMC

CALL SHARON AT 1-855-632-4018 TODAY AND GET APPROVED!

WE'LL PAY OFF YOUR TRADE NO MATTER WHAT YOU OWE!

UP TO **3000** AIRMILES WITH THE PURCHASE OF A NEW VEHICLE

Trade ★ n ★ Upgrade
It's easy!

UP TO **3000** AIRMILES WITH THE PURCHASE OF A NEW VEHICLE

NEW 2013 BUICK LACROSSE
STK # 33147
E-ASSIST 2.4L ENGINE, 6 SPEED TRANSMISSION,
GREAT FUEL ECONOMY, XM RADIO,
ONSTAR, REMOTE START, REAR AIRBAGS

TRADE ★ N ★ UPGRADE PRICE **$32,878** OR 243/BI-WEEKLY TAX PD

NEW 2013 GMC TERRAIN
STOCK # 33365
REAR CAMERA, BLUETOOTH, XM RADIO, ONSTAR
INCL 2000 AIRMILES & 0 % FINANCING

TRADE ★ N ★ UPGRADE PRICE **$27,714** OR 210/BI-WEEKLY TAX PD

WE PAY OFF YOUR CHRISTMAS CREDIT CARD BILL

NEW 2013 GMC SIERRA REG CAB
STOCK # 33023
V8 ENGINE, TOW PACKAGE, POWER LOCKS,
BLUETOOTH, INCL 3000 AIRMILES & 0% FINANCING!

TRADE ★ N ★ UPGRADE PRICE **$22,749** OR 173/BI-WEEKLY TAX PD

0%
FINANCING UP TO 72 MONTHS ON TERRAIN & SIERRA 1500

NEW 2013 GMC SIERRA EXT CAB 4 X 4
STK # 33097
NEVADA EDITION, CHROME PACKAGE, XM RADIO, TOW PACKAGE,
INCL 3000 AIR MILES & 0% FINANCING O.A.C.

TRADE ★ N ★ UPGRADE PRICE **$28,988** OR 217/BI-WEEKLY TAX PD

NEW 2013 GMC SIERRA CREW CAB 4 X 4
STK # 33217
HEATED LEATHER, CHROME PACKAGE, ONSTAR,
XM RADIO, TOW PACKAGE, 18" CHROME WHEELS
INCL 3000 AIR MILES & 0% FINANCING O.A.C.

TRADE ★ N ★ UPGRADE PRICE **$32,498** OR 241/BI-WEEKLY TAX PD

NO CHARGE ALLISON TRANSMISSION ON ALL DURAMAX DIESELS

NEW 2013 GMC SIERRA SLT 2500HD CREW LIFT
STK # 33083
CAPITAL CUSTOM LIFT TRUCK, DURAMAX DIESEL, NO CHARGE ALLISON TRANSMISSION,
OVER $15,000 IN UPGRADES & ACCESSORIES

TRADE ★ N ★ UPGRADE PRICE **$69,998** LIST PRICE $85,840

* All Vehicles Plus Freight, See Dealer For Details.

NO CREDIT APPLICATION REFUSED

CALL SHARON AT 1-855-632-4018 TODAY AND GET APPROVED!

4020 Rochdale Blvd.
www.CapitalGMC.ca

CAPITAL
BUICK • CADILLAC • GMC

Phone:
1-855-632-4018